

Middle Eastern Chicken & Chickpea Stew

with Chermoula & Pita Croutons

Tonight's dish takes inspiration from the vibrant flavors of Middle Eastern cuisine. When simmered together in a tomato-based broth, chickpeas, zucchini and chicken turn deliciously tender while taking on the flavor of our spice blend—earthy and citrusy with a hint of heat. Chermoula, a refreshing Moroccan condiment made with cilantro, garlic and lemon juice, provides a burst of tart, herbaceous brightness. A topping of pan-toasted pita croutons adds delightful crunch to every bite.

Blue Apron Wine Pairings

Tathata Pinot Grigio, 2015

Giuseppe Caviola Super Tuscan Blend, 2014



Ingredients

16 Chicken Tenders
2 Pocketless Pitas
1½ Cups Chickpeas
4 Cloves Garlic
1 Lemon
1 Zucchini
1 Bunch Cilantro

Knick Knacks

2 Tablespoons Tomato Paste
¼ Cup Sour Cream
¼ Cup Chicken & Chickpea Stew Spice Blend
(All-Purpose Flour, Ras El Hanout, Ground Cumin, Ground Coriander, Ground Cardamom, Crushed Aleppo Pepper & Dried Orange Peel)

Makes: 4 servings | **Calories:** about 550 per serving

Prep Time: 15 minutes | **Cook Time:** 30–40 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Small dice the pitas. Small dice the zucchini. Peel and finely chop the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester). Drain and rinse the chickpeas. Quarter and deseed the lemon. Finely chop the cilantro leaves and stems. Pat the chicken dry with paper towels and chop into bite-sized pieces; transfer to a bowl.

2



Make the pita croutons:

In a large pot, heat 1 tablespoon of olive oil on medium-high until hot. Add the **pit**as; season with salt and pepper. Toast, stirring occasionally, 5 to 7 minutes, or until lightly browned and crispy. Transfer to a paper towel-lined plate and immediately season with salt and pepper. Wipe out the pot.

3



Brown the chicken:

Season the **chopped chicken** with salt and pepper; toss to coat. In the pot used to make the pita croutons, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned chicken and cook, stirring occasionally, 6 to 8 minutes, or until lightly browned.

4



Add the zucchini & aromatics:

Add the **zucchini** to the pot; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened. Add the **spice blend, tomato paste** and $\frac{3}{4}$ of the **garlic paste**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until fragrant and the tomato paste is dark red.

5



Finish the stew:

Add the **chickpeas** and **2½ cups of water** to the pot; season with salt and pepper. Simmer, stirring occasionally and scraping up any browned bits from the bottom of the pot, 8 to 10 minutes, or until the liquid has thickened and the chicken is cooked through. Remove from heat and season with salt and pepper to taste.

6



Finish & plate your dish:

While the stew simmers, in a small bowl, combine the **sour cream** and the **juice of 2 lemon wedges**; season with salt and pepper to taste. To make the chermoula, in a separate small bowl, combine the **cilantro, remaining garlic paste** and the **juice of the remaining lemon wedges**; season with salt and pepper to taste. Slowly stir in enough olive oil to create a thick paste. Divide the **finished stew** between 4 bowls. Garnish with the **pita croutons, chermoula** and **seasoned sour cream**. Enjoy!